## Clay Madsen Recreation Center Pool Schedule: Summer 2015

(Effective 6/29/2015)

	Sunday 10:30-5:30pm	Monday 5:30-9:30pm	Tuesday 5:30-9:30pm	Wednesday 5:30-9:30pm	Thursday 5:30-9:30pm	Friday 5:30-8:30pm	Saturday 7:30-6:30pm
:00 AM							<u>_</u>
:30 AM		Aqua S-Wet (3 lanes)		Aqua S-Wet (3 lanes)		Aqua S-Wet (3 lanes)	
:00 AM		5:30-6:20am		5:30-6:20am		5:30-6:20am	
:30 AM							
:00 AM		Y 0 '		Y 0 :			
		Lap Swim 6:30-8:20am	Lap Swim 5:30-9:20am	Lap Swim 6:30-8:20am	Lap Swim 5:30-9:20am		
:30 AM						Lap Swim 6:30-9:20am	Lap Swim
:00 AM	_		_			0.30 7.20411	7:30-8:50am
30 AM		D.A.F.	1	D.A.F.			
:00 AM		8:30-9:20am		8:30-9:20am			Adaptive Aquatics Swi
:30 AM		Aqua Fit	Aqua Tone	Aqua Fit	Aqua Tone	Aqua Fit	Program
0:00 AM		9:30-10:20am	9:30-10:20am	9:30-10:20am	9:30-10:20am	9:30-10:20am	9:00-10:20am
0:30 AM	T 0 :	Aqua Core 10:30-11:20am	Aqua Energizer 10:30-11:20am	Aqua Core 10:30-11:20am	Aqua Energizer 10:30-11:20am	Aqua Games	Lap Swim 10:30-11:50am
:00 AM	Lap Swim 10:30-11:50					10:30-11:20am	
:30 AM			Lap Swim		Lap Swim		
2:00 PM	Open Swim 12:00-2:50pm	Lap Swim	11:30am-12:50pm	Lap Swim 11:30am-1:20pm	11:30am-12:50pm	Lap Swim 11:30-2:50pm	Open Swim 12:00-2:50pm
:30 PM							
:00 PM			Camp Swim 1:00-2:50pm		Camp Swim 1:00-2:50pm		
:30 PM				Aqua Yoga 1:30pm-2:30pm			
:00 PM							
:30 PM		11:30am-5:50pm				Open Swim	
:00 PM :30 PM	Lap Swim 3:00-5:30pm		Lap Swim 3:00-5:50pm	Lap Swim 2:40pm-5:50pm	Lap Swim 3:00-5:50pm	3:00-3:50pm	Lap Swim 3:00-6:30pm
:00 PM						3.00-3.30pm	
:30 PM							
:00 PM							
:30 PM							
:00 PM		Aqua Power	Aqua Zumba	Aqua Tabata	Aqua Zumba	Lap Swim	
:30 PM		6:00-6:50pm	6:00-6:50pm	6:00-6:50pm	6:00-6:50pm	4:00-8:30pm	
:00 PM		Lap Swim 7:00-9:30pm	Aqua Power	Lap Swim 7:00-9:30pm	Aqua Power		
30 PM			7:00-7:50pm		7:00-7:50pm		
00 PM			Lap Swim 8:00-9:30pm		Lap Swim 8:00-9:30pm		
30 PM							
00 PM							
30 PM							
00 PM							

## Schedule is subject to change.

Please refer to Program Guide for specific Swim Lesson dates. Lane usage will be based on the size of the class. Average lane usage is 2-3 lanes. Remainder of lanes are designated for lap swim.

Please see CMRC front desk team for Group & Aqua Exercise Rules & Guidelines.

One lane will always be available to lap swimmers. Please be prepared to share a lane.

CMRC Pool closes 30 minutes prior to Rec Center closing.